



# MANSFIELD

## COMMUNITY CENTER

*Family, Fitness & Fun!*



# Facility Guide September 2020



# Welcome

Welcome to the  
Mansfield Community Center!

As we navigate a COVID-19 world, there are extra precautions in place at the Mansfield Community Center. Please read through these policies carefully, as they apply to leading up to and during your visits.

Questions can be directed to the  
Mansfield Community Center  
Reception Desk.

## Mansfield Community Center

**address** 10 S. Eagleville Road, Storrs, CT 06268

**email** [parksandrec@mansfieldct.org](mailto:parksandrec@mansfieldct.org)

**phone** 860-429-3015

**website** [www.mansfieldcc.com](http://www.mansfieldcc.com)

**Facebook** [Facebook.com/MansfieldCommunityCenter](https://Facebook.com/MansfieldCommunityCenter)

# Reservations & Checking In

Only Members may reserve space in the Pools and Gymnasium. These sign-ups require an access code. If you are a member and do not have the code, contact the Reception desk. Your membership will be verified, and code provided.

Members and Non-members may reserve space in the Fitness Center, Drop-in Classes, and for Kayaks/Paddleboards. Non-members will be required to pay day-pass and drop-in fees. Members must have a drop-in pass to attend classes.

## **RESERVATIONS ARE REQUIRED FOR USE OF ALL AREAS.**

Reservations can be made in one-hour increments for each available area of the Center. Capacities in each area are limited. Please read all details closely. Sign-up calendars will be made available for reservation between 12 p.m. and 2 p.m. the Friday prior to the upcoming Monday to Sunday week.

## **HOW DO I SIGN UP?**

Sign-ups are available online via SignUpGenius.com. The direct link to Mansfield Community Center sign-ups is on our website [www.mansfieldcc.com](http://www.mansfieldcc.com)

Having trouble online? Reserve by phone by calling 860-429-3015 ext. 0

## **CHECKING IN WHEN YOU ARRIVE FOR YOUR RESERVED TIME**

Health screenings are required at the start of every visit. A staff person will open the front door for you, confirm your name and reservation, take your temperature and confirm your responses to the health screening questions. Upon passing the health screening, please proceed to the Reception Desk and provide your name to the Customer Service staff to be signed in. Then proceed to your reservation area.

# Facility-wide Policies & Procedures

**MASKS** or cloth face coverings that completely cover the nose and mouth are required unless you are actively working out on designated cardio equipment or upon entering the water in the pools. This includes going to and from an activity or moving between equipment once you enter the building.

**SOCIAL DISTANCING** is required of facility users. When approaching the facility, and once in the facility please be conscious of the floor markings and social distancing protocols to maintain safety and compliance. Expect relocated and restricted access to various equipment in order to meet new standards. Follow signage for traffic patterns throughout the facility.

**HEALTH ASSESSMENTS** will be given to all patrons and staff at each visit during the check-in process. This will include a temperature screening and brief list of questions.

Temperature must be below 100.4°F

Questions include:

Have you been in close contact with a confirmed case of COVID-19 in past 14 days?

Are you experiencing a new cough, shortness of breath, or sore throat?

Have you had a fever of 100.4°F or higher in the last 48 hours?

Patrons should self-screen at home prior to each reservation. If you are unwell or are experiencing any symptoms of COVID-19, do not come to the Community Center. Center access will only be permitted upon successful completion of the Center's health screening assessment. Use of hand sanitizer is required upon entry into the facility.

**WAIVER AND RELEASE** All patrons wishing to participate in

Community Center activities must sign the Communicable Disease waiver and release.

**CLEANING AND DISINFECTING** is increased and intensified throughout the facility. Employees will clean all equipment frequently and patrons and guests must wipe down equipment before and after each use with provided products and materials that meet EPA and CDC guidelines for use against COVID-19. Each area will be closed for an extended period twice daily for full area deep cleaning and disinfecting. A third deep cleaning and disinfection will occur in the evening when the facility is closed to the public.

**WATER FOUNTAINS** are closed. Due to regulations, water fountains are not available. Please bring your own water bottle. Water bottle refill stations may be used for refill of personal water bottles only.

**PERSONAL ITEMS** Locker rooms will be closed and therefore personal belongings brought into the facility must be limited to keys, swim towels, caps and goggles, and water bottles only. Please read area-specific information for more details on area-specific personal item allowances. Use of cubbies building-wide will be limited. Personal belongings for swimmers can be left in designated areas on the pool deck. Family Changing Rooms/Locker Rooms will be made available to swimmers for *rinsing only* before and after your swim.

**GROUP FITNESS CLASSES** have resumed, but are not included in daily sign-up. You may register for the full session, or purchase day-by-day drop-in to classes. If you plan to drop in, be sure to reserve a drop-in class slot on SignUpGenius. We encourage you to continue to check our [Facebook](#) daily for fitness tips and ideas, and to utilize videos and resources on <http://mcc.mansfieldct.gov/2013/Exercise-Videos>

**REMINDER** Child Care, Teen Center, Locker rooms, and common areas are not available during this phase.

# Gymnasium

## **GYMNASIUM RESERVATIONS ARE REQUIRED.**

Gymnasium time slots will be in one-hour increments for individuals and families. Patrons who have reserved access to an area of the facility other than the gymnasium will not be permitted into the gym.

One gym reservation space is permitted per individual.

Immediate family patrons (total group size of 5 or less, must reside at the same address) may reserve one gym space for play.

Please indicate names of all family patrons attending at reservation in the comments.

Non-family groups of patrons will not be permitted in the gym for basketball or futsal play.

## **WHAT EQUIPMENT IS AVAILABLE?**

Patrons are required to provide their own equipment for use in the gym (including basketballs, futsals, pickleball paddles and balls, etc.). Basketball hoops and pickleball nets will be provided and set up by Community Center staff. Dunking or hanging on hoops and moving of pickleball nets is prohibited. Gym mats and Tot toys will not be available.

## **GYMNASIUM AREA MASK REQUIREMENTS:**

Masks are required at all times up until you have reached your reserved area and are in active vigorous exercise. Masks may be removed in the gymnasium during vigorous exercise. A 12 foot spacing must be maintained between people in the gym when masks are not being worn.

## **PERSONAL ITEMS:**

Come prepared to play! **Patrons are asked to bring no personal items except a water bottle, keys, and small items required for game play into the facility.** Locker access is not available. REMINDER: Water fountains will be closed. Water bottle filler may be accessed to re-fill personal water bottles.

## **CLEANING REQUIREMENTS:**

Community Center equipment will be disinfected between patron use. Spray disinfectant will be used on all used equipment three times daily. Mid-morning and mid-afternoon and at close.

# Fitness Center

## **FITNESS AREA RESERVATIONS ARE REQUIRED.**

Fitness area reservations will be in one-hour increments. Multi-hour reservations are permitted by reserving multiple blocks. Please be cognizant of reservation timeframes as there are cleaning gaps during which patrons will not be allowed in Fitness areas. Patrons who have reserved access to an area other than Fitness will not be permitted in the Fitness Center, Track, or Community Room. Patrons are to enter the Fitness area through the front stairwell and exit through the back stairwell. The elevator will be available to those that need it, however only one person may use the elevator at a time (unless immediate family). All patrons must adhere to all posted policies and procedures- examples below:

Closed toe athletic shoes must be worn

Shirts must be worn

Facility is ages 14+ with limited exceptions

## **WHAT EQUIPMENT IS AVAILABLE?**

Patrons with a reserved fitness slot must check in with the Fitness Assistant prior to utilizing cardiovascular equipment. Fitness Assistants will reserve cardio space on available equipment for each patron, not to exceed 45 minutes, and will direct the patron to the appropriate fitness area. Internet access and/or TV may not be available on all equipment due to equipment relocation in the facility.

### **CARDIO EQUIPMENT:**

Arm Bike (1)  
Elliptical with stationary arms (1)  
Elliptical with moving arms (2)  
Floor/Strength/Stretching station (3)  
Rower (1)  
Upright Bike (1)  
Expresso Bike (2)  
Spin bikes (2)  
Recumbent bikes (2)  
Treadmills (3)  
Track (max. 10 patrons)

### **STRENGTH EQUIPMENT:**

Main Floor Weight Equipment:

Selectorized weight equipment\*

Weight bench station (1)

Free weights\*\*

Plyo-boxes\*\*

Medicine Balls\*\*

Bands\*\*

\*Use of machines dependent upon capacity and spacing. See signage.

\*\*Please thoroughly clean equipment with supplied wipes before and after use.

Satellite Fitness Area Weight Equipment (max. 4 patrons): Patrons may use all selectorized weight equipment with proper cleaning, however, must leave one open machine between patrons at all times.

### **FITNESS AREAS MASK REQUIREMENTS:**

Masks are **REQUIRED** when entering the fitness facility, moving between exercise equipment, utilizing strength/stretching stations, utilizing strength/stretching stations, utilizing strength equipment, and at all times on the Track.

Masks are **NOT RECOMMENDED** when actively performing aerobic exercise while using cardiovascular equipment. A reminder, masks **MUST** be worn on the Track.

### **CLEANING REQUIREMENTS:**

Patrons are required to clean all equipment before and after use including all touch points, sweat, and possible areas of saliva contamination (i.e. – cardiovascular display panel and PVS). Patrons must also disinfect areas any personal items contacted. Disinfectant wipes will be readily available for patron use throughout the designated fitness areas. Fitness staff will provide additional cleaning during each exercise block of equipment as needed. Intensified spray disinfectant will be used on all used equipment three times daily. Mid-morning and mid-afternoon and at close. No patrons will be permitted in areas during these times.

### **PERSONAL ITEMS:**

Come ready for your workout. **Patrons accessing the fitness area are asked to bring no personal items except a water bottle and keys into the facility.** Keys only may be stored in cubbies in the fitness area. Other personal items that will remain on your person (watch, glasses, phone in armband) are permissible. **Weight-lifting gloves may NOT be worn.** Locker room and shower access is not available.

### **ADDITIONAL INFORMATION/POLICIES:**

Personal workout sheets created and saved prior to COVID-19 have been retained in file box, which is kept under fitness desk. Upon request, Fitness Assistant may locate personal workout sheet for a patron. Patrons must independently retain this file as no file system will remain active for general access. No paper forms will be retained for patron access at Fitness Desk. Upon request, Fitness Assistant may provide requested forms for patron to independently retain for their records.

No magazines or newspapers will be provided, all reading material left by patron must be discarded.

**REMINDER:** The water fountain will be closed. The water bottle filler may be accessed to refill personal water bottles.



# Main & Therapy Pools

## **POOL AREA RESERVATIONS ARE REQUIRED.**

Pool area reservations will be in one-hour increments, to include rinse and change times, with a maximum swim period of 45 minutes. Please plan accordingly; come in your swimsuit. If you require additional rinse or change time, your swim may need to be less than 45 minutes.

**MAIN POOL:** Immediate family patrons (total group size of 2 or less, must reside at the same address) may reserve use of one lane in the Main Pool to share. Larger family sizes (up to 5) should reserve lanes designated as Family Swim Lane.

**THERAPY POOL:** Limited Family Swim times will be made available in the Therapy pool and will be noted in the reservation system. Please indicate names of all family patrons attending at reservation in the comments. Therapy Use times are for single reservation only. Please register each family patron individually for Therapy Use.

Patrons who have reserved access to an area other than the Therapy Pool or Main Pool will not be permitted into the pool area or rinse and change areas. After the health screening, patrons will first access the Rinse and Change area for a quick rinse before proceeding to their designated swim space.

**If you require special assistance** (such as use of the pool lifts), please make note of that in the comments area when reserving your time block. Time blocks cannot be extended, and your swim time may need to be reduced. Please plan accordingly.

## **RINSE AND CHANGE:**

Per State mandate, all swimmers are required to complete a quick rinse before entering the pool. Swimmers may elect to rinse and change after swimming, but *no full showering will be permitted* (no use of soap or shampoo, or extended time in shower). Electing not to rinse or change after your swim does not extend your swim time.

## **POOL AREA MASK REQUIREMENTS:**

Masks are required at all times up until you are about to enter the water.

For safety, masks will NOT be permitted in the water while swimming.

### **PERSONAL ITEMS:**

Come ready for your swim. **Patrons are asked to bring no personal items except a water bottle, keys, swim cap, goggles, towel, and after swim change of clothes into the facility.** Locker access is not available. Personal items and masks will be stored in bins located at the end of each swim area. **Soap and shampoo are not permitted.**

### **WHAT EQUIPMENT IS AVAILABLE?**

Use of kick-boards, pool buoys, pool noodles, and aqua belts provided by the Center will be allowed. Ask a lifeguard for desired equipment. Patrons will be required to disinfect equipment before and after use. Staff will complete additional disinfecting between uses.

### **CLEANING REQUIREMENTS:**

Aquatic staff will provide additional cleaning between each swimmer use as needed. Rinse and change areas will be cleaned regularly, including use of spray disinfectant three times daily. Mid-morning and mid-afternoon and at close. No patrons will be allowed access to these areas during these intensified cleaning times.

**REMINDER:** The water fountain will be closed. The water bottle filler may be accessed to refill personal water bottles.



